

Down's Syndrome



Children with Down's syndrome will have access to specialist Paediatrics support when they are born. They will monitor their heart and development closely to understand each child's particular presentation. Down's syndrome is a spectrum, some children have more needs than others and this is why there is early close monitoring of their needs so that an individual package of support can be identified.

Children with Down's syndrome can have difficulties with their heart and the flow of blood in and out, this is what doctors will want to monitor when they are first born.

Some children with Down's syndrome can be delayed in hitting their milestones due to something called low muscle tone. This low tone makes it much harder to do things physically. Children with Down's syndrome need to play just like every other baby but concentrating on lots of opportunities to lie on their tummy (all babies hate this and cry, but make it fun using play and distraction, check with your specialist first, but try and aim for 10 mins in every hour on their tummy to help their development and this can be from a very early age). Using lots of tactile sensory play like messy play and water play can really help children develop their sense of self, supporting physical development and fine motor development.

Your child's specialist team and health visitor will monitor your child's development. If they need physiotherapy, occupational

therapy or speech and language therapy they can refer into these services. If you are worried ask your health visitor or specialist team for advice and support, they will help alleviate your worries.

It's easy to compare your child to typical development. Every child does things in their own time and there are considerable ranges within which children can develop. It important not to rush stages and do things in your child's timeline as rushing can mean you skip developmental stages which can cause problems later on in life.

<https://www.downs-syndrome.org.uk/about/>

<https://www.pcp.uk.net/together-21>

<http://www.dsne.org.uk/>